# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## Effectiveness of three methods of classroom education, encountering to the patient and training through multimedia in reducing the stigma of psychiatric disorders in psychology students Islamic Azad University, Yazd Branch

## Protocol summary

**Study aim**
Evaluating the effectiveness of three methods of classroom training, encountering the patient and training through multimedia to psychology students to reduce the stigma of patients with psychiatric disorders

**Design**
Clinical trial with three intervention groups, with parallel groups, without blinding, phase 2, on 45 students, randomized Using the website https://www.random.org, the List Randomizer section

**Settings and conduct**
The intervention is of educational type and its place is Islamic Azad University, Yazd branch, 45 students are placed in three groups of 15 people to determine the effectiveness of three methods of face-to-face training, training in the presence of the patient and non-attendance training. The training was given by a psychiatrist and the training time is the same in all three groups, and the training is given during one day and 3 half-hour sessions with a quarter-hour break between sessions. No blinding. Before the training and after the sessions, the 22-question attitude towards mental illness questionnaire will be taken from the students and the score will be recorded. Questionnaires are anonymous and identified by a code (random number assigned to the student).

**Participants/Inclusion and exclusion criteria**
Inclusion criteria: students of the last semester of psychology (semester 6-8) aged 20-65 at the undergraduate level of Islamic Azad University, Yazd branch. Exclusion criteria: unwillingness to participate in training sessions

**Intervention groups**
Group (1): classroom training group: face-to-face training Group (2): Training group while facing the patient: training in the presence of the patient Group (3): Education group through multimedia: non-attendance education

**Main outcome variables**
Attitude to Mental Illness

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20240718062456N1**
Registration date: **2024-08-17, 1403/05/27**
Registration timing: **prospective**

Last update: **2024-08-17, 1403/05/27**
Update count: **0**

**Registration date**
2024-08-17, 1403/05/27

**Registrant information**

**Name**
Amir Mohammad Mirzakhani

**Name of organization / entity**

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Iran (Islamic Republic of)

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**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2024-08-31, 1403/06/10

**Expected recruitment end date**

2024-11-30, 1403/09/10

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effectiveness of three methods of classroom education, encountering to the patient and training through multimedia in reducing the stigma of psychiatric disorders in psychology students Islamic Azad University, Yazd Branch

**Public title**

Effectiveness of three methods in reducing the stigma of psychiatric disorders in psychology students

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Students of the last semester of psychology (semester 6-8) at the undergraduate level of Islamic Azad University, Yazd branch Age 20-65 years

**Exclusion criteria:**

Reluctance to participate in training sessions

**Age**

From **20 years** old to **65 years** old

**Gender**

Both

**Phase**

2

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **45**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The sample size of the study is 45 students. The first student who wants to participate in the study and the criteria for entering the study will be number 1 and the 45th student will be number 45. In advance, using the website https://www.random.org, from the List Randomizer section of this site, the numbers 1 to 45 will be randomly divided into three groups of fifteen. The first fifteen students for the class education group; Fifteen second students are selected for the training group through encountering the patient and fifteen third students are selected for the training group through multimedia. Example: In the randomization of numbers 1 to 45, number 10 is in the classroom education group, therefore, the tenth student who has the desire and criteria to enter the study will be placed in the classroom education group.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Psychiatry students attribute wrong nicknames and stigmas to people with mental disorders due to lack of awareness. In this study, we intend to find the best way to teach them to change their attitude towards mental patients.

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**

Ethics Committee of Yazd Islamic Azad University Medical School

**Street address**

Ali Ibn Abitaleb Medical School, Boulevard of the Shohadaie Gomnam, Alam Square, Safaieh

**City**

Yazd

**Province**

Yazd

**Postal code**

8915813135

**Approval date**

2024-01-08, 1402/10/18

**Ethics committee reference number**

IR.IAU.YAZD.REC.1402.063

## Health conditions studied

**1**

**Description of health condition studied**

Investigating the effectiveness of three methods of teaching psychology students in reducing their stigma towards patients with psychiatric disorders

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

**1**

**Description**

Attitudes to mental illness

**Timepoint**

Measuring the attitude towards mental illness at the beginning of the study (before the intervention) and after completing the training (after the intervention)

**Method of measurement**

Standard Questionnaire of Attitude towards Mental Illness Scale (Version 22 questions)

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
The first intervention group: classroom training group: 3 half-hour sessions with a quarter-hour break between sessions will be held in one day at the Faculty of Psychology of Islamic Azad University, Yazd branch. The first session talks about the causes of psychiatric disorders, the second session talks about the definition of stigma to psychiatric patients, and the third session talks about destigmatization. The sessions are in the form of training and discussion with the participants and the training is conducted by a psychiatric specialist.

**Category**
Behavior

### 2

**Description**
The second intervention group: the group of education while facing the patient: they were taught face-to-face during the meeting with the invited patient at the Faculty of Psychology of the Islamic Azad University, Yazd branch, by a psychiatrist during one day and in three half-hour sessions; Three patients including schizophrenia, bipolar and depression are selected for each session.

**Category**
Behavior

### 3

**Description**
The third intervention group: education through multimedia: in one day, three educational clips for 30 minutes recorded by a psychiatrist on the stigma of psychiatric diseases are prepared and sent to students through the Ita or Telegram application. The first clip talks about the causes of psychiatric disorders, the second clip talks about the definition of stigma to psychiatric patients, and the third clip talks about destigmatization.

**Category**
Behavior

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**
Islamic Azad University, Yazd branch

**Full name of responsible person**
Dr. Shahab Ali Shir Khoda

**Street address**
Ali Ibn Abitaleb Medical School, Alam Square, Safaieh

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https://yazd.iau.ir/fa

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**
Islamic Azad University

**Full name of responsible person**
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**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**
Yes

**Title of funding source**
Islamic Azad University

**Proportion provided by this source**
100

**Public or private sector**
Private

**Domestic or foreign origin**
Domestic

**Category of foreign source of funding**
*empty*

**Country of origin**

**Type of organization providing the funding**
Academic

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**
Islamic Azad University

**Full name of responsible person**
Dr. Shahab Ali Shir Khoda

**Position**
Associate professor

**Latest degree**
Specialist
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Undecided - It is not yet known if there will be a plan to make this available
**Study Protocol**
Undecided - It is not yet known if there will be a plan to make this available
**Statistical Analysis Plan**
Undecided - It is not yet known if there will be a plan to make this available
**Informed Consent Form**
Undecided - It is not yet known if there will be a plan to make this available
**Clinical Study Report**
Undecided - It is not yet known if there will be a plan to make this available
**Analytic Code**
Undecided - It is not yet known if there will be a plan to make this available
**Data Dictionary**
Undecided - It is not yet known if there will be a plan to make this available